



A TEEN'S GUIDE TO

SUCCESS



HOW TO BE CALM, CONFIDENT & FOCUSED

BY PERFORMANCE COACH
BEN BERNSTEIN, Ph.D.

"This is an awesome book on helping you be your best. Get it, read it, apply it . . . your life will improve. And that shall bring you the admiration of your dear sweet grandmother. Read it for her. She's counting on you. No pressure."

— Josh Shipp, Author of *The Teen's Guide to World Domination*

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